HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEMBE38220)
- the NAME of the product (Weider® 244 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14 in this manual)

Part No. 191701 R1002A

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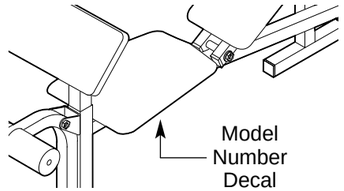
WEIDER® 244

USER'S MANUAL

Model No. WEEMBE38220
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

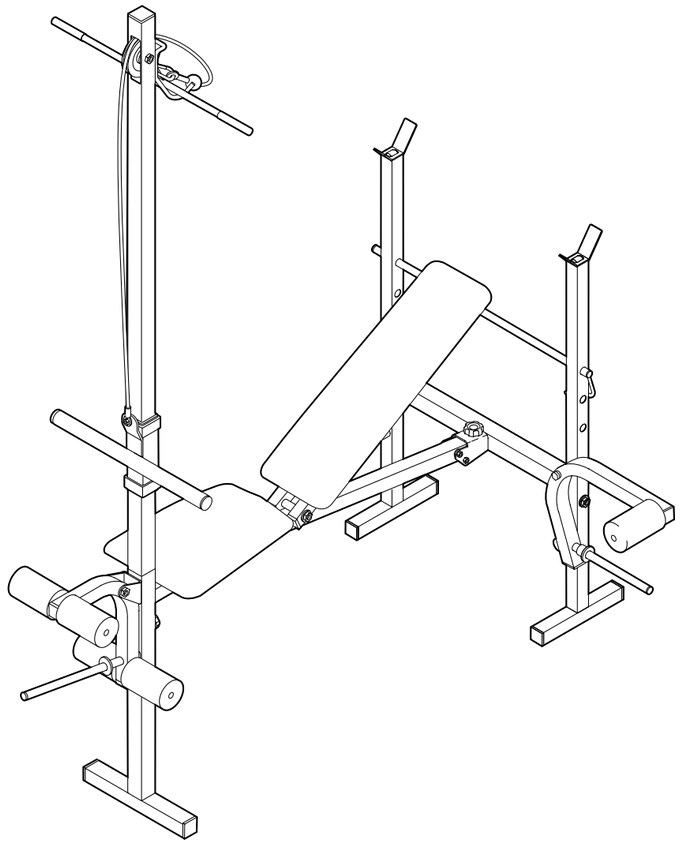
08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at
www.iconeurope.com

WEIDER® 244

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HOW TO ORDER REPLACEMENT PARTS . . . . . Back Cover

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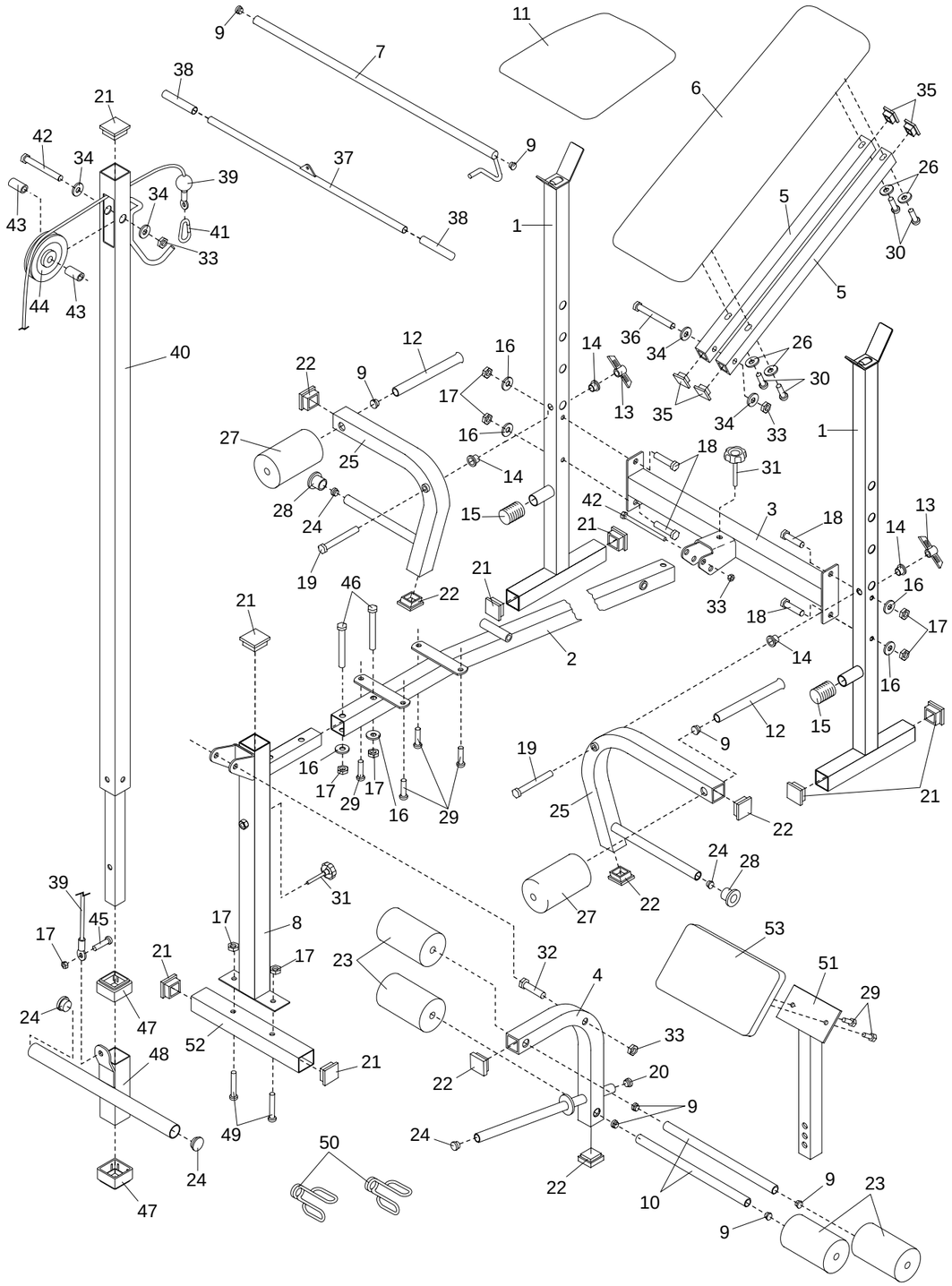
EXPLODED DRAWING—Model No. WEEMBE38220

R1002A



PART LIST—Model No. WEEMBE38220

R1002A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	29	6	M6 x 16mm Screw
2	1	Frame	30	4	M6 x 38mm Screw
3	1	Crossbar	31	2	Adjustment Knob
4	1	Leg Lever	32	1	M10 x 60mm Bolt
5	2	Backrest Tube	33	4	M10 Nylon Locknut
6	1	Backrest	34	4	M10 Washer
7	1	Support Rod	35	4	25mm Square Inner Cap
8	1	Front Leg	36	1	M10 x 135mm Bolt
9	8	19mm Round Inner Cap	37	1	Lat Bar
10	2	Long Pad Tube	38	2	Handgrip
11	1	Seat	39	1	Cable
12	2	Short Pad Tube	40	1	Lat Tower
13	2	Butterfly Knob	41	1	Cable Clip
14	4	Plastic Bushing	42	2	M10 x 55mm Bolt
15	2	Fly Arm Stop	43	2	Spacer
16	6	M8 Washer	44	1	Pulley
17	9	M8 Nylon Locknut	45	1	M8 x 16mm Bolt
18	4	M8 x 55mm Bolt	46	2	M8 x 40mm Carriage Bolt
19	2	M10 x 125mm Bolt	47	2	Square Bushing
20	1	25mm Round Angled Cap	48	1	Weight Carriage
21	8	38mm Square Inner Cap	49	2	M8 x 50mm Carriage Bolt
22	6	30mm Square Inner Cap	50	2	Weight Clip
23	4	Long Foam Pad	51	1	Curl Post
24	5	25mm Round Inner Cap	52	1	Stabilizer
25	2	Fly Arm	53	1	Curl Pad
26	4	M6 Washer	#	1	Grease Pack
27	2	Short Foam Pad	#	1	User's Manual
28	2	Weight Stop	#	1	Exercise Guide

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
4. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.**
5. **Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.**
6. **Keep children under the age of 12 and pets away from the weight bench at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection while exercising.**
9. **The weight bench is designed to support a maximum user weight of 136 kg (300 lbs.), and a maximum total weight of 186 kg (410 lbs.). Do not place more than 50 kg (110 lbs.), including a barbell and weights, on the weight rests. Do not place more than 14 kg (30 lbs.) on each fly arm. Do not place more than 23 kg (50 lbs.) on the leg lever. Do not place more than 23 kg (50 lbs.) on the lat tower. Note: The weight bench does not include a barbell and weights.**
10. **When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.**
11. **Do not use a barbell that is longer than 1.5 m (5 ft.) with the weight bench.**
12. **Always make sure there is an equal amount of weight on each side of your barbell when you are using it.**
13. **When using the backrest in an inclined or level position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.**
14. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
15. **The decals shown below have been placed on the weight bench in the locations shown on page 4. If a decal is missing or illegible, call our Customer Service Department to order a free replacement decal (see the back cover of this manual). Apply the replacement decal in the location shown.**

WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

Decal 1

Decal 2

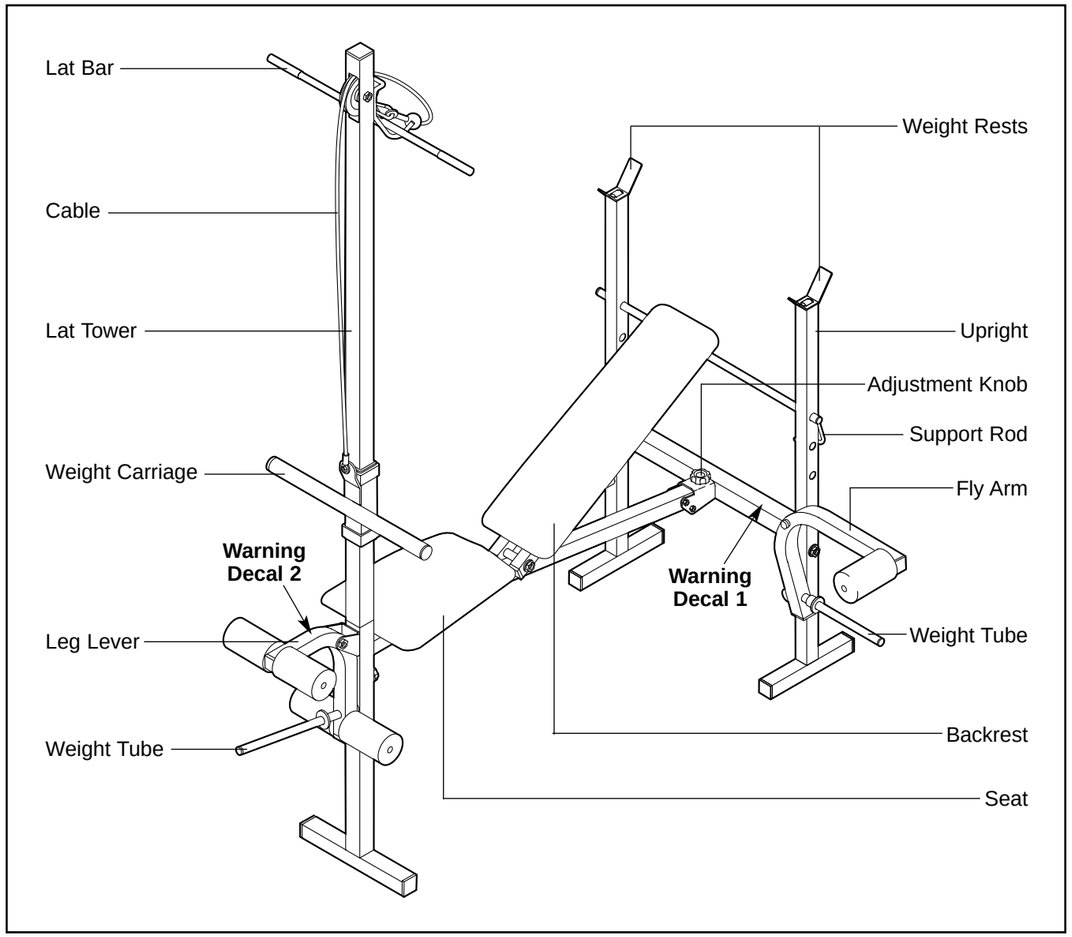
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 244 weight bench. The versatile WEIDER® 244 weight bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 244 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEMBE38220. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual.)

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

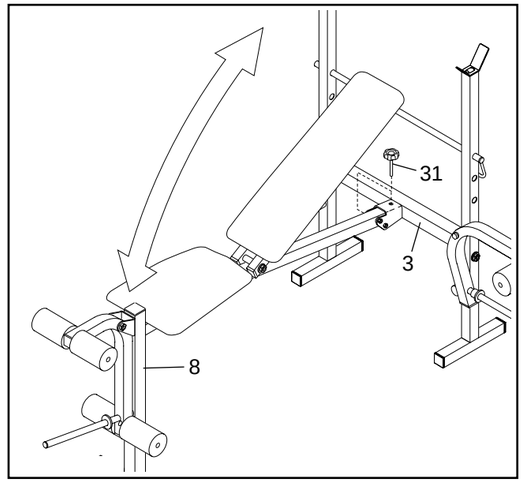
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

STORING THE WEIGHT BENCH

If the lat tower or the curl pad is attached to the weight bench, remove it. Next, remove the Adjustment Knob (31) from the bracket on the Crossbar (3). Lift the Front Leg (8) as far as it will go. Insert the Adjustment Knob into the lower set of holes in the bracket on the Crossbar, and tighten the knob into the welded nut on the bracket. The Adjustment Knob will prevent the bench from unfolding.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:
- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

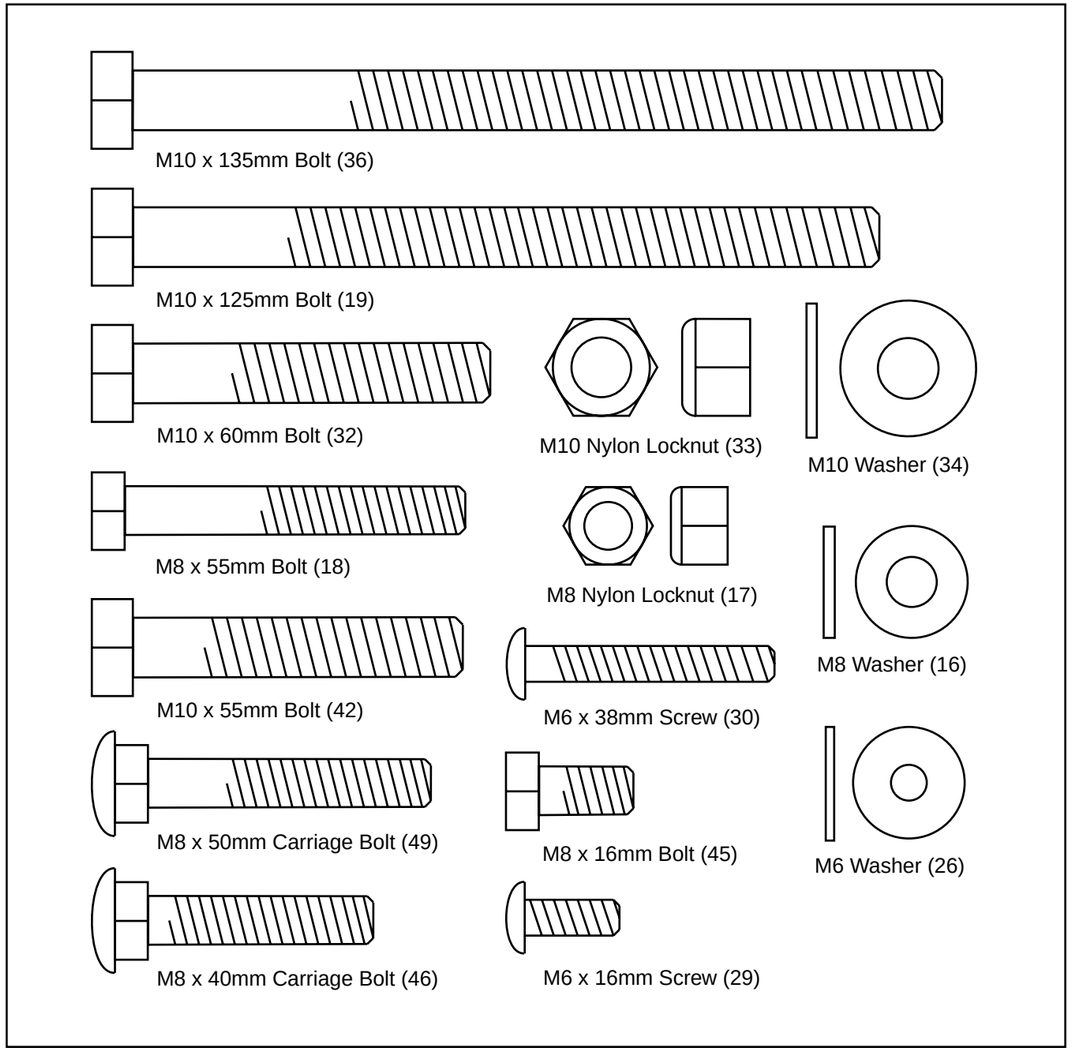
Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:
- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST on page 14. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**


M10 x 135mm Bolt (36)
M10 x 125mm Bolt (19)
M10 x 60mm Bolt (32)
M10 Nylon Locknut (33)
M10 Washer (34)
M8 x 55mm Bolt (18)
M8 Nylon Locknut (17)
M8 Washer (16)
M10 x 55mm Bolt (42)
M6 x 38mm Screw (30)
M8 x 50mm Carriage Bolt (49)
M8 x 16mm Bolt (45)
M6 Washer (26)
M8 x 40mm Carriage Bolt (46)
M6 x 16mm Screw (29)

ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- **For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.**
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

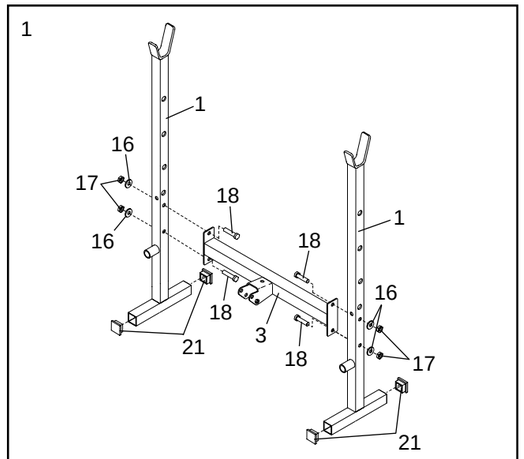
- **Two adjustable spanners**
- **One rubber mallet**
- **One standard screwdriver**
- **One Phillips screwdriver**
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before assembling this product, make sure that you have read and understand the information in the box above.**

   Tap two 38mm Square Inner Caps (21) into the lower end of each Upright (1).

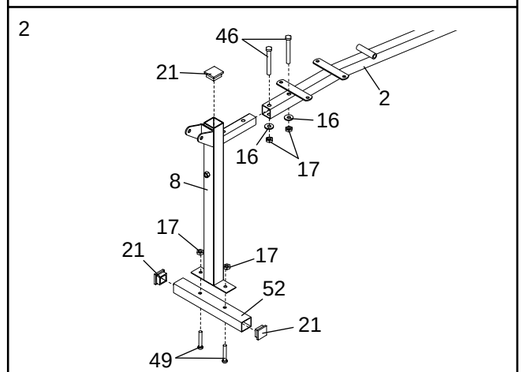
   Attach the Crossbar (3) to the two Uprights (1) with four M8 x 55mm Bolts (18), four M8 Washers (16), and four M8 Nylon Locknuts (17). **Make sure that the Uprights and the Crossbar are oriented as shown. Do not tighten the Locknuts yet.**



2. Tap three 38mm Square Inner Caps (21) into the Front Leg (8) and the Stabilizer (52).

   Attach the Stabilizer (52) to the Front Leg (8) with two M8 x 50mm Carriage Bolts (49) and two M8 Nylon Locknuts (17). **Do not tighten the Locknuts yet.**

   Attach the Front Leg (8) to the Frame (2) with two M8 x 40mm Carriage Bolts (46), two M8 Washers (16), and two M8 Nylon Locknuts (17). **Do not tighten the Locknuts yet.**



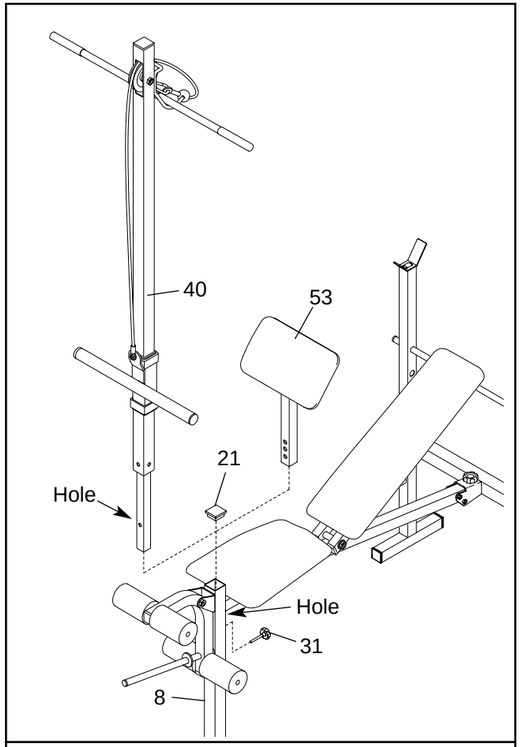
ATTACHING THE LAT TOWER

For some exercises, the Lat Tower (40) must be attached to the weight bench. Remove the 38mm Square Inner Cap (21) from the Front Leg (8). Insert the Lat Tower into the Front Leg and align the indicated hole in the Lat Tower with the adjustment hole in the Front Leg. Secure the Lat Tower with the Adjustment Knob (31).

The Curl Pad (53) can be attached in the same way.

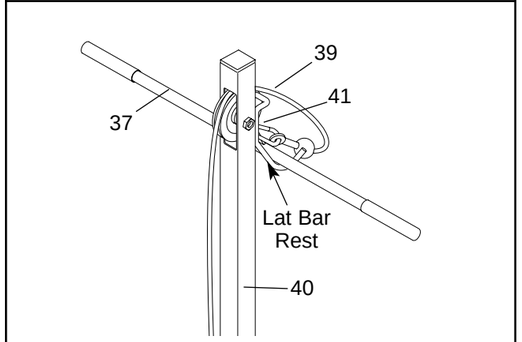
Note: When the Lat Tower (40) and the Curl Pad (53) are not being used, they should be stored away from the weight bench, and the 38mm Square Inner Cap (21) should be inserted into the Front Leg (8).

⚠ WARNING: When you are using the Lat Tower (40), place a barbell (not included) with the same amount of weight on the weight rests to balance the bench.



ATTACHING THE LAT BAR

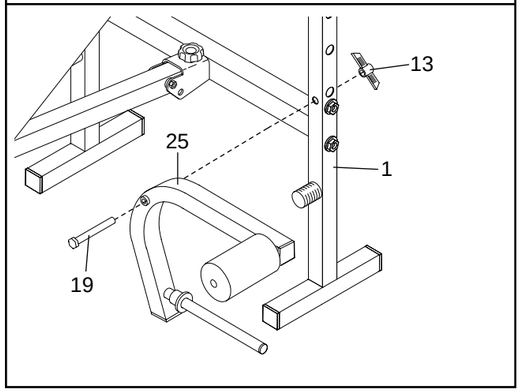
Attach the Lat Bar (37) to the Cable (39) with a Cable Clip (41). Rest the Lat Bar on the lat bar rest on the Lat Tower (40). **Note: Remove the Lat Bar from the Cable when the Lat Bar is not in use.**



REMOVING AND ATTACHING THE FLY ARMS

Some exercises are easier to perform if the Fly Arms (25) are removed from the weight bench. To remove the Fly Arms, remove the Butterfly Knob (13) and the M10 x 125mm Bolt (19) from each Fly Arm and Upright (1). Place the Fly Arms in a safe place.

To reattach the Fly Arms (25), align the holes in the Fly Arms with the holes in the Uprights (1). Insert the M10 x 125mm Bolts (19) through the Fly Arms and the Uprights. Tighten the Butterfly Knobs (13) onto the Bolts.



ADJUSTMENTS

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted.

Make sure that all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and mild, non-abrasive detergent. Never use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in a declined position, a level position, or any of three inclined positions. For a declined position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) through one of the sets of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright. Lay the Backrest on the Support Rod.

ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE OR THE LEG LEVER

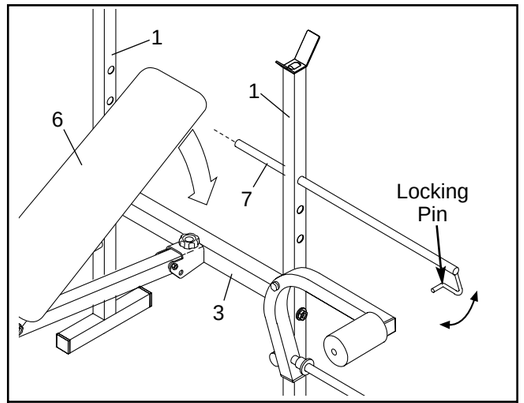
To use the Weight Carriage (48), slide the two Weight Stops (28) onto the weight tubes as shown. Next, slide the desired weights onto the weight tubes and secure them with the two Weight Clips (50). **Do not put more than 23 kg (50 lbs.) on the Weight Carriage.**

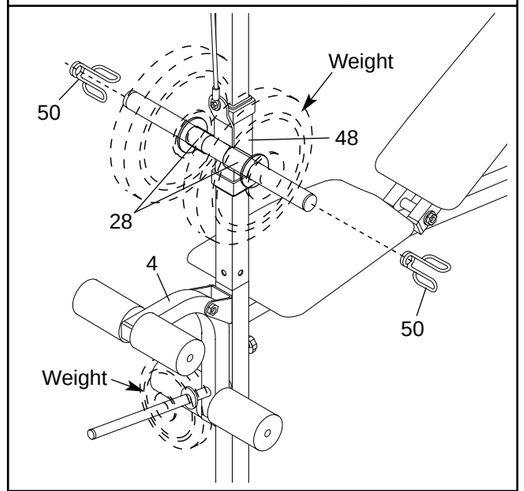
To use the Leg Lever (4), slide the desired weights onto the weight tube as shown. **Do not place more than 23 kg (50 lbs.) on the Leg Lever.**

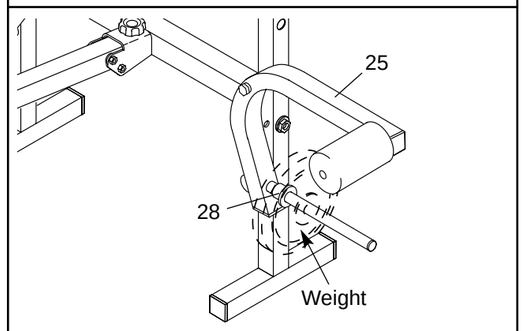
⚠ WARNING: When using the Leg Lever (4), place a barbell with the same amount of weight on the weight rests to balance the bench.

ATTACHING WEIGHTS TO THE FLY ARMS

To use the Fly Arms (25), slide a Weight Stop (28) onto the weight tube on each Fly Arm as shown. Next, slide the desired weights onto the weight tubes. **Do not place more than 14 kg (30 lbs.) on each Fly Arm.**







3. Lubricate an M10 x 55mm Bolt (42). Attach the Frame (2) to the upper set of holes in the bracket on the Crossbar (3) with the Bolt and an M10 Nylon Locknut (33). **Do not overtighten the Locknut; the Frame must be able to pivot easily.**

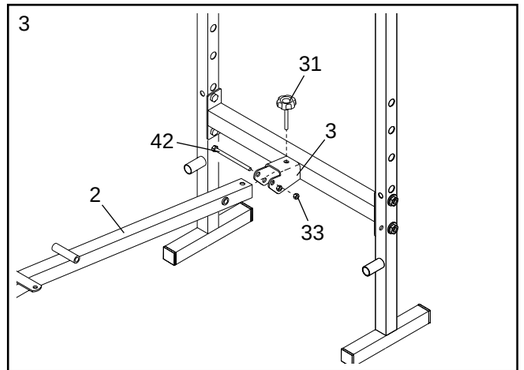
   Tighten the Adjustment Knob (31) into the Crossbar (3) and the Frame (2).

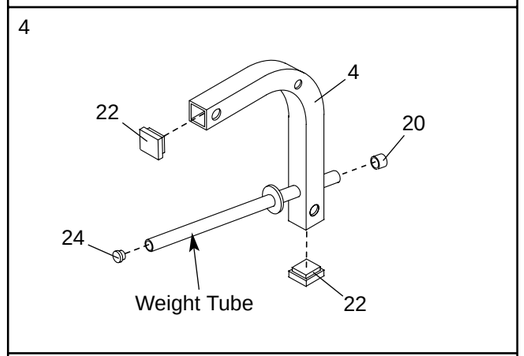
4. Tap a 30mm Square Inner Cap (22) into each end of the Leg Lever (4).

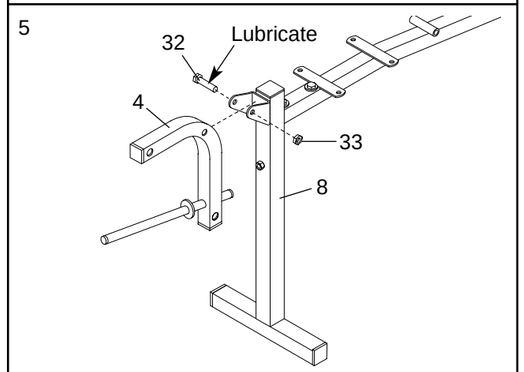
   Tap a 25mm Round Inner Cap (24) into the indicated end of the weight tube on the Leg Lever (4). Tap the 25mm Round Angled Cap (20) onto the other end of the weight tube.

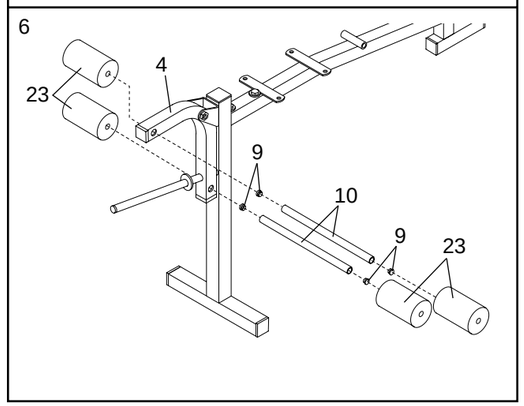
5. Lubricate the M10 x 60mm Bolt (32) with grease. Attach the Leg Lever (4) to the bracket on the Front Leg (8) with the Bolt and an M10 Nylon Locknut (33). **Do not over tighten the Locknut; the Leg Lever must be able to pivot easily.**

6. Tap two 19mm Round Inner Caps (9) into each Long Pad Tube (10). Insert the Pad Tubes into the holes in the Leg Lever (4). Slide two Long Foam Pads (23) onto each Long Pad Tube.









7. Tap two 25mm Square Inner Caps (35) into each of the Backrest Tubes (5).

   Attach each Backrest Tube (5) to the Backrest (6) with two M6 x 38mm Screws (30) and two M6 Washers (26). **Do not tighten the Screws yet.**

8. Tap a 19mm Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod through a set of holes in the Uprights (1). Make sure that the locking pin is on the side shown. Rotate the Support Rod to the locked position, with the locking pin wrapped around the Upright.

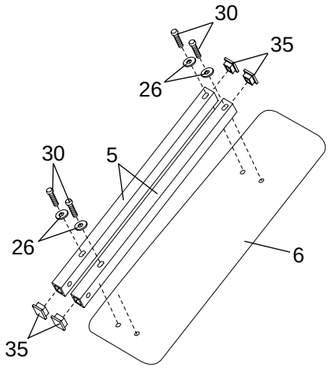
   Lubricate the M10 x 135mm Bolt (36) with grease. Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (34), and an M10 Nylon Locknut (33). **Do not overtighten the Locknut; the Backrest Tubes must be able to pivot easily.**

   Tighten the M6 x 38mm Screws (30) used in step 7, and the Nylon Locknuts (17, 33) used in steps 1 to 3.

9. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (29).

10. Attach the Curl Pad (53) to the Curl Post (54) with two M6 x 16mm Screws (29).

7



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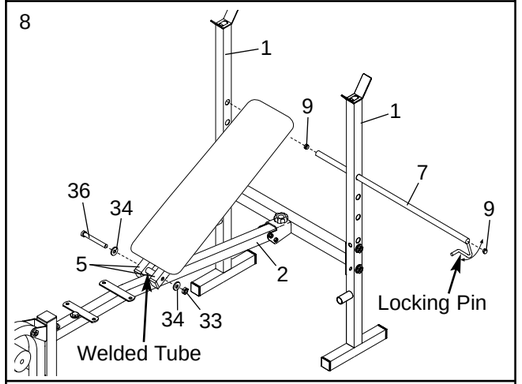

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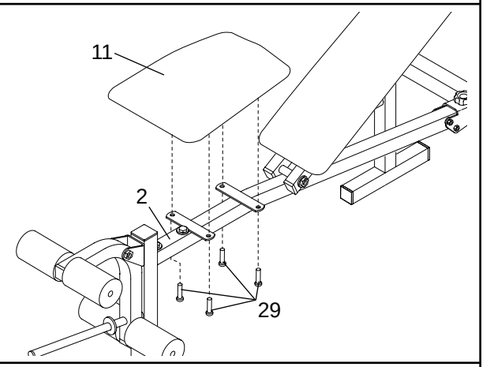

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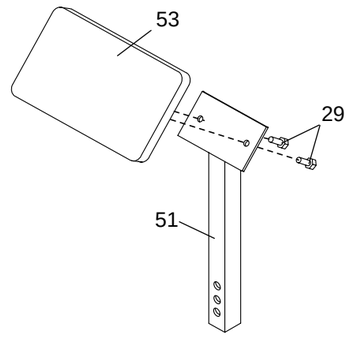

11. Tap a 30mm Square Inner Cap (22) into each end of a Fly Arm (25). Press a 25mm Round Inner Cap (24) into the weight tube on the Fly Arm. Slide a Weight Stop (28) onto the weight tube.

    Assemble the other Fly Arm (not shown) in the same way.

    Tap a Fly Arm Stop (15) onto the welded tube on the indicated Upright (1). Press two Plastic Bushings (14) into the indicated holes in the Upright. Attach a Fly Arm (25) to the Upright with an M10 x 125mm Bolt (19) and a Butterfly Knob (13). **Make sure that the lower end of the Fly Arm is on the outside of the Fly Arm Stop (15).**

    Attach the other Fly Arm (not shown) to the other Upright in the same way.

12. Press a 19mm Round Inner Cap (9) into the end of a Short Pad Tube (12). Insert the Short Pad Tube into the indicated hole in a Fly Arm (25) from the side shown. Slide a Short Foam Pad (27) onto the Short Pad Tube.

    Repeat this step for the other Fly Arm (not shown).

13. Route the loop end of the Cable (39) under the indicated bar, through the hole in the Lat Tower (40), and over the Pulley (44). Attach the Pulley inside of the Lat Tower with an M10 x 55mm Bolt (42), two M10 Washers (34), the two Spacers (43), and an M10 Nylon Locknut (33).

    Press a 38mm Square Inner Cap (21) into the top of the Lat Tower (40).

    Press a 25mm Round Inner Cap (24) into each end of the weight tube on the Weight Carriage (48). Press Square Bushings (47) onto the top and bottom of the Weight Carriage.

    Insert the M8 x 16mm Bolt (45) into the bracket on the Weight Carriage (48) from the direction shown. Slide the Weight Carriage onto the Lat Tower (40). Attach the Cable (39) to the Bolt in the Weight Carriage with an M8 Nylon Locknut (17). **Do not overtighten the Locknut; the Cable must be able to pivot freely.**

14. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS, starting on the next page.**

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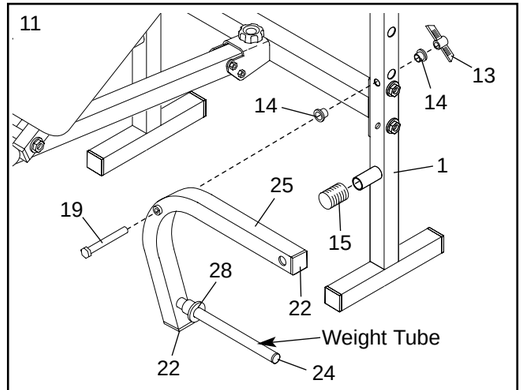

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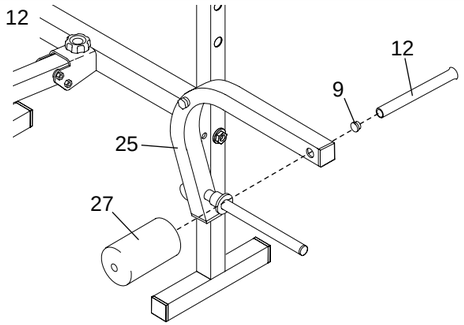

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